

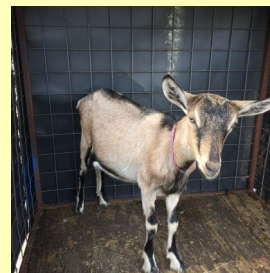


## Farm Day September 29th

Farm Day at the Sandhill Farmers Market has become an annual event. Our vendors and patrons as well look forward to that day when we recognize our agricultural heritage. Recently I noticed a bumper sticker that brings it all into focus; No Farmers, No Food.

Let's see if we can't make Farm Day the largest market of the year. The day will feature equipment displays, a few farm animals and hayrides for the kids. Our vendors will do their part by publicizing this special day on their social media sites, we will play it up on our sites and with iHeart media, and you the customer can tell your friends, or better yet, bring them with you.

The last few years have been a lot of fun. You might like to wear your favorite farm themed outfit or drive your tractor to the event. *We will have reserved parking for tractors.*



### Sept. Schedule

Keith Tracy	1
Keith Tracy	8
Keith Tracy	15
Keith Tracy	22
Farm Day	29



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## Must Love Dogs

This is one of my favorite light romantic comedies, starring John Cusack and Diane Lane. Released in 2005 it also features Stockard Channing and Christopher Plummer. It may not appeal to everyone, just like there are folks out there that are not so fond of dogs, in fact some suffer from a very real fear of canines known as Cynophobia.

We enjoy seeing the pet parade on market days. Farmers Markets around the country have varying rules regarding dogs. Some don't allow them at all, others allow them only during certain hours and still others (like Sandhill) permit them but expect them to be well mannered, sanitary, on their leash at all times and kept away from food tables, plants, coolers, and those not as comfortable in the presence of animals. The Everett Farmers Market in Washington state has a friendly and to the point policy on dogs. [Select here to take a peek and see if you don't agree.](#)

## Market Flash

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## Fun Fruit and Vegetable Facts

Yes, I was running out of things to write about this issue and thought we might delve into some of the lesser know facts about fruits and vegetables. Some of the items will be surprising while others may be well known. Here's a little taste. (get it, taste)

The most popular fruit in the world is the tomato.

Strawberries are not actually berries.

Explorers once used hollowed out watermelons to transport water.

There are over 7000 different types of apples grown in the world.

Read the rest of the list by [clicking here](#). Have fun!

## Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

## September 8th Market Photos



*The Sandhill Farmers Market... where fun, food, and community come together.*



## Gardening Tips

### Plant Cover Crops to Conserve & Enhance Garden Soil

Hopefully gardeners across the state of South Carolina have enjoyed a bountiful summer vegetable season. If you have, ensure future success by not letting your garden soil go fallow throughout the winter. Plant a cover crop or a mix of cover crops for their multiple benefits to your soil. Cover crops are an important part of any rotational system in the garden to reduce pest issues and improve soils. Cover crops are simply defined as a crop planted with its primary purpose to provide benefit to the soil and/or other crops without the intent of being harvested for feed or sale. The benefits of using cover crops in a rotational system are many-fold: they limit the erosion of soil; they can provide plant nutrients and/or make nutrients available to subsequent crops; they act to hinder weed growth; they feed the beneficial soil microorganisms by root secretion of proteins and sugars; they can provide nectar and pollen sources for beneficial insects; they are an important source of soil organic matter when used over time and can improve the physical properties of soil. The first step in planning a cover crop planting is to decide what one wants to achieve through the practice, and then decide which species will achieve that goal.

Just as with vegetables, different cover crops are planted at different times of the year based on their suitability for growth in warm or cool seasons. Cover crops are typically further classified by plant type: legumes and non-legumes.

Read the rest of Clemson Extension Agent, George Dickert's, article by [clicking here](#) and get those gardens ready for next year.



## Tailgating Time

### Scotch Eggs

This is one of my favorite tailgating or Fall picnic foods. It's not quite what it sounds like as there is no alcohol involved. To me this is a better dish when the weather gets a little cooler and makes a great substitute for the deviled egg selection on your menu.

This is not my personal recipe as I am terrible about measuring: this version comes from Chef Emeril Lagasse.

[Click here to view the article and recipes.](#)

[Clemson Tigers Schedule](#)

[SC Gamecocks Schedule](#)

[SC State Bulldogs Schedule](#)

[Citadel Bulldogs Schedule](#)

[Furman Paladins Schedule](#)

[PC Blue Hose Schedule](#)



*See how many of these ingredients you can find at the Sandhill Farmers Market!*

***Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),***

## Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Isom's Delights
<b><i><u>The Peanut Man</u></i></b>
<b><i><u>The Crescent Olive</u></i></b>
<b><i><u>Mercer House Estate Winery</u></i></b>
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<b><i><u>Erbe</u></i></b>
Paparazzi Jewelry
<b><i><u>The Belgian Waffle Truck</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Penny's Quilts and Gifts
<b><i><u>Lane Specialty Gardens</u></i></b>
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>January Remington</u></i></b>

Name
<b><i><u>Southern Sky Yoga</u></i></b>
<b><i><u>Leesville Aquaponics</u></i></b>
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
<b><i><u>Jamerry Nails</u></i></b>
<b><i><u>Palmetto Polar Snow</u></i></b>
<b><i><u>Doswell Farm</u></i></b>
<b><i><u>Chi Design</u></i></b>
<b><i><u>Livingston Farms</u></i></b>
Ashley's
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
<b><i><u>The Shrimp Guy</u></i></b>
<b><i><u>Boutique Poulet</u></i></b>
Bradham Farms
Judith's Hands
<b><i><u>The Creative Cat</u></i></b>
Cakes and More by Angela



<b><i><u>Congaree Milling</u></i></b>	<b><i><u>McCurley Farms</u></i></b>
Shortcake, LLC	<b><i><u>Penny's Naturals</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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